AMENDMENTS

Please amend the claims as follows:

1. (currently amended) A basketball training device comprising:

an annular shaped member having a first side and a second side, the annular shaped member having a diameter larger than a rim diameter of a basketball hoop; and

a flange that encircles a portion of an outer edge of the annular shaped member and projects downwardly from the second side by a length greater than ~~the~~ a cross-sectional rim diameter,

wherein the first side of the annular shaped member is substantially smooth and flat, and

wherein the annular shaped member can block a basketball from passing through the basketball hoop.

2. (original) The basketball training device of claim 1, wherein the flange is integrally formed with the outer edge of the annular shaped member to create a one-piece structure.

3. (original) The basketball training device of claim 1, further comprising an arm that extends from the annular shaped member.

4. (original) The basketball training device of claim 3, wherein the arm includes a rod receiving structure to receive an end portion of a rod.

5. (original) The basketball training device of claim 4, wherein the rod receiving structure includes at least one of a threaded portion, a magnetic portion, and a snap fit portion.

6. (currently amended) The basketball training device of claim 1, wherein a notch is created in the flange, the notch being adapted to receive a support structure for the basketball hoop.

7. (original) The basketball training device of claim 1, further comprising a plurality of protrusions extending from the second side of the annular shaped member.

8. (original) The basketball training device of claim 7, wherein the protrusions are cylindrical protrusions.

9. (original) The basketball training device of claim 7, wherein the protrusions create a circular path that is concentric with the flange.

10. (currently amended) The basketball training device of claim 9, wherein a distance between the flange and the circular path is greater than the cross-sectional rim diameter.

11. (original) The basketball training device of claim 7, wherein the flange and the protrusions create an area to receive the basketball rim.

12. (original) The basketball training device of claim 1, wherein the annular shaped member and the flange are constructed from a high-impact polymer composite.

13. (currently amended) A basketball training device comprising:

an annular shaped member having an arm, wherein the annular shaped member can be placed on a basketball hoop to prevent a ball from passing through the basketball hoop;

a flange that encircles a portion of an outer edge of the annular shaped member; and

a rod to engage the arm and removably couple the annular shaped member with the basketball hoop.

14. (original) The basketball training device of claim 13, wherein the arm includes a rod receiving structure to receive the rod.

15. (original) The basketball training device of claim 13, wherein the rod includes a plurality of sections such that the rod can be taken apart and easily portable.

16. (currently amended) The basketball training device of claim 13, wherein the annular shaped member is secured to the basketball hoop via ~~a~~ the flange and a plurality of protrusions extending downwardly from the annular shaped member.

17. (currently amended) A basketball training device comprising:

means for creating a shelf-like image on a basketball hoop; and

rod-receiving means for removably coupling the basketball training device on the basketball hoop,

wherein the means for creating a shelf-like image substantially covers a rim of the basketball hoop.

18. (cancelled)

19. (currently amended) The basketball training device of claim ~~18~~ 17, wherein the means for creating a shelf-like image prevents a basketball from passing through the basketball hoop.

20. (original) A basketball training method comprising:

placing a basketball training device on top of a basketball hoop such that the basketball training device substantially covers a rim of the basketball hoop to create a shelf; and

shooting a basketball while mentally visualizing about placing the basketball on top of the shelf.

21. (new) The basketball training device of claim 1, wherein the first side of the annular shaped member is entirely smooth and flat.

22. (new) The basketball training device of claim 1, wherein the annular shaped member has a circular configuration.